

OPERATION IRAQI FREEDOM

Post-Combat Recovery & Reintegration: Strengthening Military Members and Their Families



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Disclaimer

While data from the Department of Defense will be presented, the opinions expressed are those of

LT COL Charles E. Woods

and do not necessarily represent those of the Department of Defense, any specific Branch of Service, the National Guard, or DHHS/SAMHSA.

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Objectives

1. Describe the existing Support Systems for Combat Veterans and family members;
2. Outline the type Support Services that should be provided and describe how they are normally organized.

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Focus

Our Main Focus is on the Warrior

- Varied Psychological Responses to Combat
- Warrior Transition: Resilience after Combat
- Provider services for Reintegration and Support

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Psychological Threats

- First sustained ground combat undertaken by the US since Vietnam.
- More OIF troops have seen heavy combat than in recent wars.
- 90% of OIF Warriors have been exposed to a firefight.
- 94% have seen dead bodies or human remains.

Source: NEJM, Volume 351:13-22 July 1, 2004 Number 1

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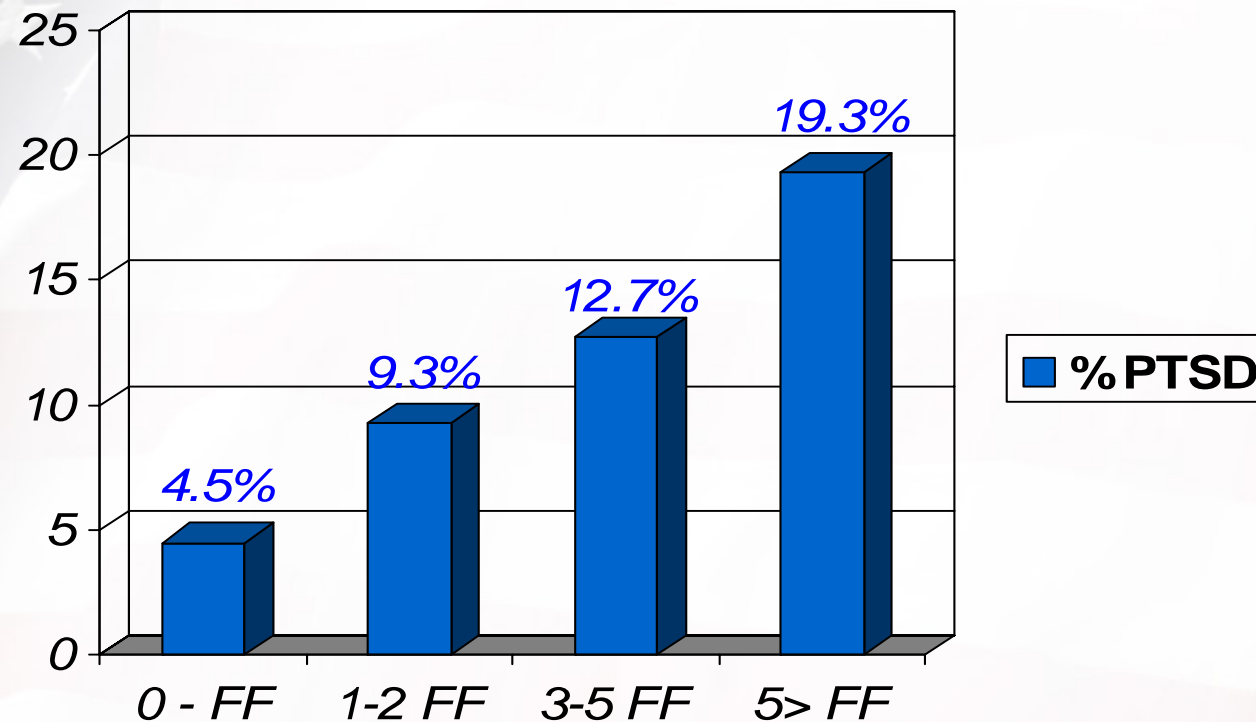
Psychological Threats

- Strong reported relationship between combat experiences, such as being shot at, handling dead bodies, knowing someone who was killed, or killing enemy combatants, and the prevalence of PTSD.

Source: NEJM, Volume 351:13-22 July 1, 2004 Number 1

Psychological Threats

Prevalence of PTSD and Number of Firefight



Source: NEJM, Volume 351:13-22 July 1, 2004 Number 1

Psychological Threats

- Of those who met the screening criteria for a mental disorder,
 - only **38 to 45 %** indicated an interest in receiving help, and only
 - only **23 to 40 %** reported having received professional help in the past year.
- *“Outreach is obviously is a vital component of any service program.”*

Source: NEJM, Volume 351:13-22 July 1, 2004 Number 1

Psychological Threats

Perceived barriers to getting Help:

- 65% - *“I would be seen as weak”*
- 63% - *“unit leaders will treat me different”*
- 59% - *“peers would be less confident in me”*
- 51% - *“my leaders would blame me”*
- 50% - *“It would harm my career”*

Source: NEJM, Volume 351:13-22 July 1, 2004 Number 1

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Medical Threats for the Region

- Threat Categories

- Infectious
- Vector borne
- Animal associated
- Environmental

- Diarrheal diseases
- Tuberculosis
- Malaria
- Dengue
- Meningococcal Meningitis
- Leishmaniasis
- Q-Fever
- Rabies
- Sandfly Fever
- Schistosomiasis
- Typhoid/Paratyphoid
- Typhus
- Boutonneuse Fever
- West Nile Fever
- Leptospirosis

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Emotional Threats

- Many times, warriors report that having access via phone and e-mail is a blessing and a curse at the same time!
- Hearing from home and loved ones can boost morale, but at the same time, because of home “daily hassles”, warriors report that it’s hard to “keep their head in the fight”.

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In-Theater Assistance

- Every Combatant in OIF has access to ongoing Medical Care, to include Psychologists, Social Workers, Psychiatric Nurses, and Mental Health Technicians.
- Combat Stress Control Teams are located throughout the area, and are called in to provide CISM services when needed.

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Warrior Transition (Physical)

Post Deployment Requirements

- Post-Deployment Health Assessment
- In-Theater Briefings on:
 - Health
 - PTSD
 - Family Reunion
 - Reintegration
 - Personal Resilience
 - Treatment available after Deployment

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Warrior Transition (Physical)

Post Deployment Requirements

- In-theater
 - Receive post-deployment medical threat briefing
 - Complete Post-Deployment Health Assessment (DD Form 2796)
 - Receive post-deployment medical screening (of 2796), testing, and follow-up
 - Understand where to go for health problems or concerns after returning home
- Home Station
 - TB skin test, blood draw and referral appointments

Warrior Transition (Physical)

Preventive Measures Required

- Tuberculosis Skin Test
 - A skin test on the forearm to show if you have been exposed to tuberculosis
 - Delayed onset of positive test in some folks requires that you be tested twice:
 - At the time of redeployment
 - At 3-6 months after redeployment(Date will be indicated on your DD Form 2796)
 - Must return 48-72 hours after the test to have it read and documented by a health care professional
- Blood sample taken at home station



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Warrior Transition (Physical)

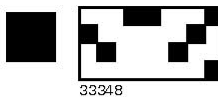
Post Deployment Health Assessment Form

- DD Form 2796 must be completed no more than 30 days prior to departing for home station
- Page 1: Administrative information
 - Deployment location
 - Country, list all
 - Operation Iraqi Freedom

Must have DD 2796 in hand to depart from theater

Post-Deployment Health Assessment Form

Page 1: Service Member Administrative Information



33348

POST-DEPLOYMENT Health Assessment

Authority: 10 U.S.C. 136 Chapter 55. 10741, 3013, 5013, 8013 and E.O. 9397

Principal Purpose: To assess your state of health after deployment outside the United States in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care to you.

Routine Use: To other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment.

Disclosure: (Military personnel and DoD civilian Employees Only) Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: Please read each question completely and carefully before marking your selections. Provide a response for each question. If you do not understand a question, ask the administrator.

Demographics

Last Name

First Name

MI

Name of Your Unit or Ship during this Deployment

Gender

- ☐ Male
☐ Female

Service Branch

- ☐ Air Force
☐ Army
☐ Coast Guard
☐ Marine Corps
☐ Navy
☐ Other

Component

- ☐ Active Duty
☐ National Guard
☐ Reserves
☐ Civilian Government Employee

Location of Operation

- ☐ Europe
☐ SW Asia
☐ SE Asia
☐ Asia (Other)
☐ Australia
☐ Africa
☐ Central America
☐ Unknown
☐ South America
☐ North America
☐ Other

To what areas were you mainly deployed:
(mark all that apply - list where/date arrived)

- ☐ Kuwait
☐ Qatar
☐ Afghanistan
☐ Bosnia
☐ On a ship

- ☐ Iraq
☐ Turkey
☐ Uzbekistan
☐ Kosovo
☐ CONUS
☐ Other

Name of Operation:

Occupational specialty during this deployment
(MOS, NEC or AFSC)

Combat specialty:

Today's Date (dd/mm/yyyy)

Social Security Number

DOB (dd/mm/yyyy)

Date of arrival in theater (dd/mm/yyyy)

Date of departure from theater (dd/mm/yyyy)

Pay Grade

- ☐ E1
☐ E2
☐ E3
☐ E4
☐ E5
☐ E6
☐ E7
☐ E8
☐ E9
☐ O01
☐ O02
☐ O03
☐ O04
☐ O05
☐ O06
☐ O07
☐ O08
☐ O09
☐ O10
☐ W1
☐ W2
☐ W3
☐ W4
☐ W5
☐ Other

Administrator Use Only

Indicate the status of each of the following:

- Yes No N/A
☐ ☐ ☐ Medical threat debriefing completed
☐ ☐ ☐ Medical information sheet distributed
☐ ☐ ☐ Post Deployment serum specimen collected

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Warrior Transition (Physical)

Post Deployment Health Assessment Form

- **Page 2: Service Member Report**
 - Report vaccinations, medications, and health care during deployment process
 - Report experiences, symptoms or concerns
- **Page 3: Service Member Report**
 - Report possible exposures and duration
 - Identify potentially hazardous situations that may concern you

Must have DD 2796 to out-process from theater

Warrior Reintegration (Physical)

Post Deployment Health Assessment Form

Please answer all questions in relation to THIS deployment

1. Did your health change during this deployment?

- ☐ Health stayed about the same or got better
☐ Health got worse

2. How many times were you seen in sick call during this deployment?

--	--

No. of times

3. Did you have to spend one or more nights in a hospital as a patient during this deployment?

- ☐ No
☐ Yes, reason/dates: _____

4. Did you receive any vaccinations just before or during this deployment?

- ☐ Smallpox (leaves a scar on the arm)
☐ Anthrax
☐ Botulism
☐ Typhoid
☐ Meningococcal
☐ Other, list: _____
☐ Don't know
☐ None

5. Did you take any of the following medications during this deployment?
(mark all that apply)

- ☐ PB (pyridostigmine bromide) nerve agent pill
☐ Mark-1 antidote kit
☐ Anti-malaria pills
☐ Pills to stay awake, such as dexedrine
☐ Other, please list: _____
☐ Don't know

6. Do you have any of these symptoms now or did you develop them anytime during this deployment?

No	Yes During	Yes Now	No	Yes During	Yes Now
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Chronic cough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Chest pain or pressure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Runny nose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Dizziness, fainting, light headedness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Fever	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Difficulty breathing
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Still feeling tired after sleeping
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Difficulty remembering
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Swollen, stiff or painful joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Diarrhea
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Back pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Frequent indigestion
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Muscle aches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Vomiting
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Numbness or tingling in hands or feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Ringing of the ears
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Skin diseases or rashes			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Redness of eyes with tearing			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Dimming of vision, like the lights were going out			

7. Did you see anyone wounded, killed or dead during this deployment?

(mark all that apply)

- ☐ No ☐ Yes - coalition ☐ Yes - enemy ☐ Yes - civilian

8. Were you engaged in direct combat where you discharged your weapon?

- ☐ No ☐ Yes (☐ land ☐ sea ☐ air)

9. During this deployment, did you ever feel that you were in great danger of being killed?

- ☐ No ☐ Yes

10. Are you currently interested in receiving help for a stress, emotional, alcohol or family problem?

- ☐ No ☐ Yes

11. Over the LAST 2 WEEKS, how often have you been bothered by any of the following problems?

None Some A Lot

- ☐ ☐ ☐ Little interest or pleasure in doing things
☐ ☐ ☐ Feeling down, depressed, or hopeless
☐ ☐ ☐ Thoughts that you would be better off dead or hurting yourself in some way

Reset



12. Have you ever had any experience that was so frightening, horrible, or upsetting that, IN THE PAST MONTH, you

No Yes

- ☐ ☐ Have had any nightmares about it or thought about it when you did not want to?
☐ ☐ Tried hard not to think about it or went out of your way to avoid situations that remind you of it?
☐ ☐ Were constantly on guard, watchful, or easily startled?
☐ ☐ Felt numb or detached from others, activities, or your surroundings?

13. Are you having thoughts or concerns that ...

No Yes Unsure

- ☐ ☐ ☐ You may have serious conflicts with your spouse, family members, or close friends?
☐ ☐ ☐ You might hurt or lose control with someone?

15. On how many days did you wear your MOPP over garments?

--	--

No. of days

16. How many times did you put on your gas mask because of alerts and NOT because of exercises?

--	--

No. of times

17. Were you in or did you enter or closely inspect any destroyed military vehicles?

- ☐ No ☐ Yes

18. Do you think you were exposed to any chemical, biological, or radiological warfare agents during this deployment?

- ☐ No ☐ Don't know
☐ Yes, explain with date and location

14. While you were deployed, were you exposed to:
(mark all that apply)

No Sometimes Often

- ☐ ☐ ☐ DEET insect repellent applied to skin
☐ ☐ ☐ Pesticide-treated uniforms
☐ ☐ ☐ Environmental pesticides (like area fogging)
☐ ☐ ☐ Flea or tick collars
☐ ☐ ☐ Pesticide strips
☐ ☐ ☐ Smoke from oil fire
☐ ☐ ☐ Smoke from burning trash or feces
☐ ☐ ☐ Vehicle or truck exhaust fumes
☐ ☐ ☐ Tent heater smoke
☐ ☐ ☐ JP8 or other fuels
☐ ☐ ☐ Fog oils (smoke screen)
☐ ☐ ☐ Solvents
☐ ☐ ☐ Paints
☐ ☐ ☐ Ionizing radiation
☐ ☐ ☐ Radar/microwaves
☐ ☐ ☐ Lasers
☐ ☐ ☐ Loud noises
☐ ☐ ☐ Excessive vibration
☐ ☐ ☐ Industrial pollution
☐ ☐ ☐ Sand/dust
☐ ☐ ☐ Depleted Uranium (if yes, explain) _____
☐ ☐ ☐ Other exposures _____

Reset



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Warrior Transition (Physical)

Post Deployment Health Assessment Form

- Page 4: Health Assessment
 - Face-to-face discussion with Health Care Provider (HCP)
 - Answer based on how you are feeling today
 - Review of completed DD 2796 with HCP
 - Follow-up may be recommended at home station
 - Answering yes to any questions will not delay your departure from theater

Must Hand-carry a copy of DD 2796 all the way through home station out-processing

Post-Deployment Health Assessment Form

Page 4: Health Care Provider Assessment

Health Care Provider Only

SERVICE MEMBER'S SOCIAL SECURITY #

— —

Post-Deployment Health Care Provider Review, Interview, and Assessment

Interview

1. Would you say your health in general is: ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
2. Do you have any medical or dental problems that developed during this deployment? ☐ Yes ☐ No
3. Are you currently on a profile or light duty? ☐ Yes ☐ No
4. During this deployment have you sought, or do you now intend to seek, counseling or care for your mental health? ☐ Yes ☐ No
5. Do you have concerns about possible exposures or events during this deployment that you feel may affect your health?
Please list concerns: _____

6. Do you currently have any questions or concerns about your health? ☐ Yes ☐ No
Please list concerns: _____

Health Assessment

After my interview/exam of the service member and review of this form, there is a need for further evaluation as indicated below. (More than one may be noted for patients with multiple problems. Further documentation of the problem evaluation to be placed in the service member's medical record.)

REFERRAL INDICATED FOR:

- ☐ None
- ☐ Cardiac
- ☐ Combat/Operational Stress Reaction
- ☐ Dental
- ☐ Dermatologic
- ☐ ENT
- ☐ Eye
- ☐ Family Problems
- ☐ Fatigue, Malaise, Multisystem complaint
- ☐ Audiology

- ☐ GI
- ☐ GU
- ☐ GYN
- ☐ Mental Health
- ☐ Neurologic
- ☐ Orthopedic
- ☐ Pregnancy
- ☐ Pulmonary
- ☐ Other _____

EXPOSURE CONCERNS (During deployment):

- ☐ Environmental
- ☐ Occupational
- ☐ Combat or mission related
- ☐ None

Comments: _____

I certify that this review process has been completed.
Provider's signature and stamp:

This visit is coded by V70.5 __ 6

Date (dd/mm/yyyy)

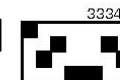
/ /

End of Health Review

DD FORM 2796, APR 2003

ASD(HA) APPROVED

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How to Implement a Program

- All service provider programs should include at a minimum:
 - **Individual treatment** with therapists well-trained in PTSD issues, and CBT.
 - **Group support modalities** that emphasize and encourage help-seeking behaviors, such as Peer-Support.
 - **Family support and training modalities** that emphasize recognizing traumatic stress symptoms and referral options.

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Elements of Individual Transition ***(Psychological / Behavioral / Emotional)***

- ***Telling*** “The Story” (Where you’ve been)

- (-) Negative Experiences:***

- Poor Conditions
 - Witnessing Innocent Civilian Deaths
 - Loss of Fellow Warrior
 - Firefights
 - Mortar Shelling
 - Sleepless Nights, etc.

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Elements of Individual Transition ***(Psychological / Behavioral / Emotional)***

- ***Telling*** “The Story” (Where you’ve been)

- (+) Positive Experiences:***

- Camaraderie,
 - Successful Campaigns,
 - Saving Lives,
 - Relationship with Iraqi Children, etc.

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Elements of Individual Transition ***(Psychological / Behavioral / Emotional)***

- ***Living*** “The Story” (Emotions)
 - (-) ***Negative Feelings: Anger or Guilt:***
 - “I wasn’t courageous enough”
 - “I could have saved his life”
 - “I should have done something else and I didn’t”
 - “Now I have to live with that”
 - Fears of returning home, etc.

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Elements of Individual Transition ***(Psychological / Behavioral / Emotional)***

- ***Living*** “The Story” (Emotions)

- ***(+) Positive Feelings:***

- Happy about returning home (spouse, children, home.)
 - Glad to be getting out of the desert.
 - Looking forward to a decent meal, bed, environment.
 - Looking forward to having a normal life back home.
 - Returning home to a new job/car/relationship.

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Elements of Individual Transition ***(Psychological / Behavioral / Emotional)***

- ***Creating*** “The Story Not Yet Written”
 - Career and Work Plans
 - Personal and Professional Development
 - Building Strong Healthy Relationships
 - Total Fitness: Body, Mind, Spirit

“Failure to Plan, means Planning to Fail”. Where Do You Want to Go?

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Elements of Group Transition ***(Psychological / Behavioral / Emotional)***

- ***Listening*** to “Our Story”
 - Taking Care of Our Own
 - Listen: Listen to other’s stories...
 - Observe: Stories are told by behaviors:
 - Crumbling Relationships,
 - Late for work,
 - Reports of abuse,
 - Radical changes in behavior,
 - Loneliness, Addictions, Rage, Depression, Sleeplessness

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Elements of Family Transition

(Reunion - Reintegration)

- Preparation is key
 - Communicate
 - Readjusting to family life can be stressful
 - Reintegration into the family is a gradual process and requires patience
 - Anxiety and worries are normal
 - There are resources to help you and your family during your reunion

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **Yourself**:
 - Prior to and during the deployment you have been:
 - Focused on the mission
 - Developing unit cohesion & lasting friends
 - Helping other oppressed nations get food, aid, or medicine.
 - Keeping in contact with your family.

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **Yourself**:
 - During deployment, you may have felt:
 - Anxiety and varying levels of stress
 - Concern for your family
 - Disconnected from your family
 - Uneasy about what you have seen or experienced.

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **Yourself**:
 - Now that you are home you probably feel:
 - Excited about leaving a foreign country
 - Happy about being with your family again
 - Glad to be going back to “normal” (back to the USA)
 - Thrilled about a decent meal, bed, and being home.

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **Yourself**:
 - After returning home, you may:
 - Experience sleep disturbances
 - Feel claustrophobic
 - Be “on guard” or “scanning the area”
 - Feel overwhelmed by everyday noise and confusion
 - Have jetlag or experience culture shock.

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **Yourself**:
 - Upon being home, you may:
 - Feel hurt when your children are afraid of you
 - Find your whole family routine is changed
 - Be stand-offish from those you care about
 - Anxious about intimacy
 - Not want to talk about your deployment.

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **The Family**:
 - During deployment, your family (spouse) may have:
 - Experienced changes
 - Felt stressed or overwhelmed
 - Held down the fort with added responsibilities
 - Experienced a temporary relocation
 - Become involved in different activities or made new friends

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **The Family**:
 - During reunion, your spouse may:
 - Have idealistic expectations
 - Be eager to socialize as a couple again
 - Want to host a celebration or go out for dinner
 - Immediately hand over the “honey do” list
 - Feel concern that their “Warrior” has changed
 - Wonder if their accomplishments will be appreciated
 - Fear losing independence
 - Want you to talk about combat experiences
 - Expect promises to be kept

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Elements of Treatment

(Cognitive-Behavior)

- Understanding ***The Family***:
 - Reuniting:
 - Take time to become reacquainted
 - Recognize that things may be different
 - Talk with each other about your experiences
 - Support your spouse and what they have done-- don't criticize
 - Remember that intimate relationships may be awkward at first
 - *Go slowly – don't try to make up for lost time*

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Elements of Treatment

(Cognitive-Behavior)

- Understanding ***The Family***:
 - Reuniting:
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 - *Go slowly – don't try to make up for lost time*

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Elements of Treatment

(Cognitive-Behavior)

- Understanding **The Family**:
 - During deployment you children may have:
 - Been sad, fearful, confused, or angry
 - Regressed in behavior
 - Think they may have caused the separation
 - Become attached to your spouse
 - Changed and grown
 - Started new activities
 - Developed new friendships

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Elements of Treatment

(Cognitive-Behavior)


- Understanding The **Family**:
 - During Reunion:
 - Babies may cry when you first hold them
 - Toddlers may not recognize you
 - Preschoolers may be afraid of you
 - School age children may be very demanding of your time
 - Teenagers may seem moody or act as if they don't care
 - Children may have symptoms of minor illness
 - Children may be torn by loyalties


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Elements of Treatment ***(Cognitive-Behavior)***


- During Reintegration:
 - Slowly resume old rules and routines
 - Be available to your child, with time and emotions
 - Let the child be the first to renew the bond
 - Expect some changes in your child
 - Focus on successes; limit criticism
 - Encourage your child to tell you everything that happened

Reintegration Resources

Address  <http://www.tricare.osd.mil/>

TEXT ONLY A to Z HELP SITE MAP SEE SOMETHING WRONG? 

U.S. DEPARTMENT OF DEFENSE
MILITARY HEALTH SYSTEM

 **TRICARE**

TRICARE: Your Military Health Plan

Search for: Jump to...

For Military Health System Staff

For TRICARE Providers

▼ **For TRICARE Beneficiaries** ▼

Your TRICARE Benefit

TRICARE Programs

You May Be Eligible

TRICARE Resources

Getting Help

TRICARE Brochures (SMART)

Other Resources

TRICARE Factsheets

All Factsheets

Appeals

Certificate of Creditable Coverage

Important Medicare Part B Update

The Medicare Modernization Act provided a Medicare Part B special enrollment period for TRICARE-eligible uniformed services beneficiaries through Dec. 31, 2004, which the Social Security Administration (SSA) currently extended into 2005. Individuals may contact Medicare or SSA to be enrolled immediately and without a premium surcharge. Beneficiaries who have questions concerning the Medicare Modernization Act provisions should call or visit their local Social Security office or call the SSA at 1-800-772-1213, or visit the SSA Web site at www.ssa.gov/legislation/.

TRICARE Benefits Improved Significantly For Reservists

The National Defense Authorization Act for fiscal 2005, signed by the President yesterday, improves significantly the overall health benefits available to guardsmen, reservists and their families and makes permanent several of the TRICARE benefits authorized "temporarily" under defense legislation last year while extending secretarial authorization for others.

Media Readiness Room

Evening Edition News

THE HEROES OF TRICARE

Flu Prevention


Become a TRICARE Network or Certified Provider

Quick Links

Zip Code Search

<http://www.tricare.osd.mil/>

Reintegration Resources

Address  <http://www.va.gov/>

Department of Veterans Affairs

Hot Topics

- FY 2006 Budget Proposal

Online Applications

- Compensation & Pension
- Education
- Health Eligibility
- My Health eVet
- Vocational Rehab & Employment Services

Special Programs

- Accessibility
- Homeless Veterans
- Military Services
- Minority Veterans
- Women Veterans

Today's VA

- About VA
- Congress
- Job Opportunities
- Partners

How May We Serve You?

Burial

& Memorial Benefits

Health

Benefits & Services

Education

Benefits

Iraqi Freedom

Reserve / Guard

Vocational Rehab

& Employment Services

Life Insurance

Program



Compensation

& Pension Benefits

Home Loan

Guaranty Services

Appeals


Board of Veterans' Appeals


VA Kids

K-12 & Teachers

<http://www.va.gov/>

Reintegration Resources

Address  http://www.pdhealth.mil/veterans/vet_resources.asp



DHCC
DEPLOYMENT HEALTH CLINICAL CENTER

- ▶ Clinicians
- ▶ Veterans
- ▶ Family and Friends
- ▶ Reserve Component
- ▶ Deployment Cycle Support
- ▶ PDH Guidelines
- ▶ Emerging Health Concerns
- ▶ News and Announcements
- ▶ Library
- ▶ Education and Training
- ▶ Risk Communication
- ▶ Research


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Veterans and Families

Serving with Honor: Combat soldiers speak on about their injuries, hopes and their future.

We greatly appreciate your commitment to serve in the Armed Forces and want to tell you that we salute you for all that you have done and your sacrifice in serving with honor. We want to let you know that we stand by you and want others to know about your great sacrifice and we hope they too will understand what it means to serve with dignity. The websites listed below are dedicated to soldiers wounded in combat.

- [Operation True](#)
- [Purple Hearts](#)
- [United Spinal Association](#)



In the News

[Center Offers Respite for Wounded Troops, Families](#)

[Cross Trails Plans](#)

http://www.pdhealth.mil/veterans/vet_resources.asp

Reintegration Resources

Address  <http://www.military.com/>

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Marines Will Reduce Iraq Presence

The Marine Corps will shrink the size of its ground combat force in Iraq this spring, with the Army making a corresponding increase. The Marines will drop from about 33,000 to about 23,000. [More...](#)

TODAY'S HEADLINES >>

- [Homeless Vets Buried With Full Honors](#)
- [Rumsfeld Meets With Troops In Iraq](#)
- [Army Life: Long Hours, Some Comforts](#)

TODAY'S FEATURES

4 MILLION MEMBERS WANT YOU

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BUDDY FINDER

Find your military buddies!
Search over 20 million records for FREE!



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<http://www.military.com/>

Reintegration Resources

Address  <http://www.militaryonesource.com/>

MILITARY ONESOURCE Call us, 24 x 7 CONUS: 800-655-4545
For overseas dialing instructions, see "Contact Us"

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How may we help you?

- Parenting & Child Care
- Military Life
- Education
- Midlife & Retirement
- Older Adults
- Disability
- Financial
- Legal
- Everyday Issues
- Work
- International
- For Managers
- Health
- Emotional Well-Being
- Addiction & Recovery

My Military OneSource ► **Sign Up**

 **Military OneSource.**
Serving American troops and families.

Events

 **Moderated Chat**
Parenting Essentials
02:00PM EST
02/24/05 [go](#)

 **LifeWorkshops**

[View Archives](#)

Featured Tools

- Financial Calculators
- Child Care Locator
- Elder Care Finder
- Distance Learning Locator

[Show all](#)

Self-Assessments


►► **This Month's Feature** Does someone close you... [more](#) ►

Department of Defense offers you access to Military OneSource Online, where you can find help to cope with life's little -- and not so little -- issues. Click on a topic of interest on the left, under the **How May We Help You?** heading, or use the key word search in the top right corner. You can access informative articles, helpful tools, audio tips on hundreds of specific topics, and much more.

WeeklyPoll 

<http://www.militaryonesource.com/>

Reintegration Resources

Address  <http://www.armyonesource.com/>

ARMY OneSource Call us, 24 x 7 from the US: 1-800-464-8107
For overseas dialing instructions, see "Contact Us"




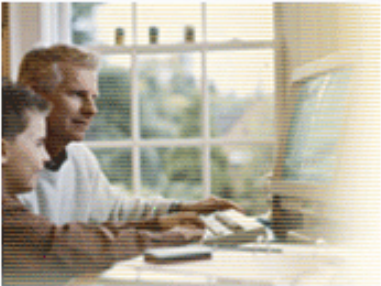
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- Work
- International
- Managing People
- Health
- Emotional Well-Being
- Addiction & Recovery

My Army One Source ► Sign Up





welcomes you to
Army OneSource Online
the comprehensive source to help you
face life's everyday challenges.

►► **This Month's Feature** Deployment is something that Army families live with... [more ►](#)

US Army offers you access to Army OneSource Online, where you can find help to cope with life's little -- and not so little -- issues. Click on a topic of interest on the left, under the **How May We Help You?** heading, or use the key word search in the top right corner. You can access informative articles, helpful tools, audio tips on hundreds of specific topics, and much more.

Events

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Parenting Essentials
02:00PM EST
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 **LifeWorkshops**

[View Archives](#)

Featured Tools


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- Distance Learning Locator

[Show all](#)

Self-Assessments

<http://www.armyonesource.com/>

Reintegration Resources

Address  <http://www.airforceonesource.com/>

AIR FORCE OneSource

Call us, 24 x 7 from the US: 1-800-707-5784
For overseas dialing instructions, see "Contact Us"

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How may
we help you?

- [Parenting & Child Care](#)
- [Military Life](#)
- [Education](#)
- [Midlife & Retirement](#)
- [Older Adults](#)
- [Disability](#)
- [Financial](#)
- [Legal](#)
- [Everyday Issues](#)
- [Work](#)
- [International](#)
- [Managing People](#)
- [Health](#)
- [Emotional Well-Being](#)
- [Addiction & Recovery](#)

My Air Force OneSource

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welcomes you to

Air Force OneSource Online

the comprehensive source to help you
face life's everyday challenges.

This Month's Feature

Deployment is something that Air
Force families live with...

[more](#)

US Air Force offers you access to Air Force OneSource Online, where you can find help to cope with life's little -- and not so little -- issues. Click on a topic of interest on the left, under the **How May We Help You?** heading, or use the key word search in the top right corner. You can access informative articles, helpful tools, audio tips on hundreds of specific topics, and much more.

Events

 **Moderated Chat**

Parenting Essentials

02:00PM EST

02/24/05 [go](#)

 **LifeWorkshops**

[View Archives](#)

**Featured
Tools**

- [Financial Calculators](#)
- [Child Care Locator](#)
- [Elder Care Finder](#)
- [Distance Learning
Locator](#)

[Show all](#)

**Self-
Assessments**

<http://www.airforceonesource.com/>

Reintegration Resources

The screenshot shows the Navy OneSource website. At the top, the address bar displays <http://www.navyonesource.com/index.aspx>. The header includes the "NAVY OneSource" logo, a 24x7 phone number (1-800-540-4123), and a "Contact Us" link for overseas dialing instructions. There are input fields for "User ID" and "Password" with a "Login" button. A navigation bar contains links to Home, Materials Request, Contact Us, Site Map, and Site Help. The main content area features a "How may we help you?" sidebar with a list of topics: Parenting & Child Care, Military Life, Education, Midlife & Retirement, Older Adults, Disability, Financial, Legal, Everyday Issues, Work, International, Managing People, Health, Emotional Well-Being, and Addiction & Recovery. The central banner says "Welcome to Navy OneSource Online" and describes it as a comprehensive source for life's challenges. Below this is a "This Month's Feature" section about deployment. The right sidebar includes an "Events" section with a "Moderated Chat" for "Parenting Essentials" and "LifeWorkshops", a "Featured Tools" section with links to Financial Calculators, Child Care Locator, Elder Care Finder, and Distance Learning Locator, and a "Self-" section. A "Show all" link is at the bottom of the right sidebar.

Address <http://www.navyonesource.com/index.aspx>

NAVY OneSource Call us, 24 x 7 from the US: 1-800-540-4123
For overseas dialing instructions, see "Contact Us"

User ID Password Login

Home Materials Request Contact Us Site Map Site Help

How may we help you?

- Parenting & Child Care
- Military Life
- Education
- Midlife & Retirement
- Older Adults
- Disability
- Financial
- Legal
- Everyday Issues
- Work
- International
- Managing People
- Health
- Emotional Well-Being
- Addiction & Recovery

My Navy OneSource Sign Up

Welcome to Navy OneSource Online
the comprehensive source to help you face life's everyday challenges.

This Month's Feature Deployment is something that Navy families live with... [more](#)

US Navy offers you access to Navy OneSource Online, where you can find help to cope with life's little -- and not so little -- issues. Click on a topic of interest on the left, under the **How May We Help You?** heading, or use the key word search in the top right corner. You can access informative articles, helpful tools, audio tips on hundreds of specific topics, and much more.

Events

Moderated Chat
Parenting Essentials
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LifeWorkshops
[View Archives](#)

Featured Tools

- Financial Calculators
- Child Care Locator
- Elder Care Finder
- Distance Learning Locator

[Show all](#)

Self-

<http://www.navyonesource.com/>

Reintegration Resources

Address  <http://www.mccsonesource.com/index.aspx>

MCCS OneSource Call us, 24 x 7 from the US: 1-800-869-0278
For overseas dialing instructions, see "Contact Us"

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How may we help you?

- ▶ Parenting & Child Care
- ▶ Military Life
- ▶ Education
- ▶ Midlife & Retirement
- ▶ Older Adults
- ▶ Disability
- ▶ Financial
- ▶ Legal
- ▶ Everyday Issues
- ▶ Work
- ▶ International
- ▶ Health
- ▶ Emotional Well-Being
- ▶ Addiction & Recovery

My MCCS OneSource ▶ Sign Up



MCCS
MARINE CORPS Community Services
One Source

welcomes you to
MCCS OneSource Online
the comprehensive source to help you
face life's everyday challenges.

▶▶ **This Month's Feature** Deployment is something that
Marines families live with... [more ▶](#)

Face-to-Face Counseling

If you or a family member needs support in addressing issues related to relationships, parenting, managing everyday life, or re-adjusting after being in a combat zone, then an MCCS One Source consultant can get you connected with

Events

 Moderated Chat
Parenting Essentials
02:00PM EST [▶ go](#)
02/24/05

 LifeWorkshops

[▶ View Archives](#)

Featured Tools

- ▶ Financial Calculators
- ▶ Child Care Locator
- ▶ Elder Care Finder
- ▶ Distance Learning Locator

[▶ Show all](#)

Self-Assessments

<http://www.mccsonesource.com/>

The background of the slide is a stylized American flag, with the stars and stripes visible. A red-bordered box is positioned in the upper left quadrant, containing the title.

Reintegration Resources

- Chaplains and Local Clergy
- Military Counseling Services
- Mental Health Services through TRICARE
 - www.TRICARE.com or call 1-800-DOD-CARES
- Military Family Team Building Programs
- State Family Program Director
- Unit Family Assistance Groups

The background of the slide is a stylized American flag with stars and stripes. A red-bordered box is positioned in the upper left, containing the title.

Reintegration Resources

- ***www.tricare.osd.mil***
- ***www.va.gov***
- ***www.pdhealth.mil/veterans/vet_resources.asp***
- ***www.military.com***
- ***www.militaryonesource.com***
- ***www.armyonesource.com***
- ***www.airforceonesource.com***
- ***www.navyonesource.com***
- ***www.mccsonesource.com***

Questions



**For more information, you may contact me at
charles.woods@tnknox.af.mil or call me at
865-985-3297**